

PERUNA TONIC

Are You Well?

What would you give to be perfectly well? All you have got, of course. It may be that your trouble is of a catarrhal nature. Catarrh of the head. Catarrh of the stomach. Catarrh of some internal organ. If so, Peruna will help you on the road to perfect health. If you want to be convinced, buy one bottle. No further argument will be necessary.

Coughs Colds Catarrh
PERUNA TONIC

Seconded, but Not Carried.

Paul Armstrong often told how a lawyer acquaintance of his, who lives at Seattle, was retained to defend a colored man accused of absconding with the funds of a colored debating society. The outlook for the defendant was rather black. At the trial the attorney for the defense arose, as soon as the charge had been read, and said:

"Your honor, I move that the indictment be dismissed."

"Before he could proceed further his client was on his feet, too, addressing the bench without a trace of embarrassment."

"Your honor," said the defendant briskly, "I seconds that motion."—Saturday Evening Post.

SYRUP OF FIGS FOR A CHILD'S BOWELS

It is cruel to force nauseating, harsh physic into a sick child.

Look back at your childhood days. Remember the "dose" mother insisted on—castor oil, calomel, cathartics. How you hated them, how you fought against taking them.

With our children it's different. Mothers who cling to the old form of physic simply don't realize what they do. The children's revolt is well-founded. Their tender little "insides" are injured by them.

If your child's stomach, liver and bowels need cleansing, give only delicious "California Syrup of Figs." Its action is positive, but gentle. Millions of mothers keep this harmless "fruit laxative" handy; they know children love to take it; that it never fails to clean the liver and bowels and sweeten the stomach, and that a teaspoonful given today saves a sick child tomorrow.

Ask at the store for a 50-cent bottle of "California Syrup of Figs," which has full directions for babies, children of all ages and for grown-ups plainly on each bottle. Adv.

Appropriate Action.

"I am where the man who was suspended desires his superior."

"Yes, he is still hanging on."

Not Gray Hairs but Tired Eyes
make you look older than we are. Keep your eyes young and you will look young. After the Movies Marine Eye Remedy. Don't tell your age. Marine Eye Remedy Co., Chicago. Send Eye Book on request.

The man who talks loudest on a street corner is apt to be dumb as an oyster when at home.

Usually when a woman disapproves of her daughter's husband the honors are even.

Why That Lame Back?

Morning lameness, sharp twinges when bending, or an all-day back-ache: each is caused enough to suspect kidney trouble. Get after the cause. Help the kidneys. We Americans go it too hard. We overdo, overeat and neglect our sleep and exercise and so we are fast becoming a nation of kidney sufferers. 72% more deaths than in 1890 is the 1910 census story. Use Doan's Kidney Pills. Thousands recommend them.

A Texas Case

A. S. Johnson, Beeville, Texas, says: "A year and a half ago I realized my kidneys were affected. When lifting, a sharp pain caught me across my back and I had to give up. The kidney secretions passed too frequently and I was terribly tired. Three boxes of Doan's Kidney Pills put my kidneys in good shape and for the past several years I have had no further need of a kidney medicine."

Get Doan's at Any Store, 50c a Box
DOAN'S KIDNEY PILLS
FOSTER-MILBURN CO., BUFFALO, N. Y.

PREVENTION

better than cure. Tutt's Pills if taken in time are not only a remedy for, but will prevent

SICK HEADACHE,
biliousness, constipation and kindred diseases.

Tutt's Pills
W. N. U., Oklahoma City, No. 6-1916.

THE KITCHEN CABINET

I know that we must trust and hope, and neither doubt ourselves, nor doubt the good in one another.

While friends so dear surround me here,
Let care, if he can, o'ertake me.
—Dickens.

MORE ABOUT SOUPS.

A nice hot dish of soup is most sustaining and soothing on a cold night.

Sheep's Tail Soup (Armenian).—Cut in small pieces eight sheep's tails. Soak in cold water for an hour, then par-boil, drain and fry in butter. Cover

with mutton stock and add a bunch of parsley, two leeks, two cloves, an onion and a stalk of celery tied in a muslin bag. Cover and boil until the meat is tender. Add three quarts of mutton stock, simmer for an hour and remove the muslin bag. Season with curry powder and thicken with the yolks of four eggs, beaten smooth in a cupful of cream. Serve with boiled rice on a separate dish.

Puree of Parsnip Soup.—Fry in butter one quart of tender parsnips, cut in dice. Cover with beef stock and cook until tender, press through a sieve and return to the fire. Add enough beef stock to make the desired quantity of soup and thicken with a tablespoonful each of flour and butter. Reheat, season and serve hot.

Italian Chestnut Soup.—Shell and blanch 50 large chestnuts, cover with veal stock, add two tablespoonfuls of bread crumbs, salt, pepper and nutmeg to season, and simmer for two hours or more. Press through a sieve, measure the quantity of soup and add half as much boiling milk. Thicken with the yolk of an egg beaten with a little cold milk and serve with croutons.

Mock Turtle Soup.—Clean a calf's head thoroughly, split the head, take out the eyes and cover with salted water, bring to a boil, cook for half an hour, take out the head, remove the bones, peel the tongue and cut up the rest of the meat in small pieces, strain the liquor and return it to the pot with the meat, adding more water if necessary. Chop fine one small onion and a head of celery and add to the soup.

Season with pepper, salt, cloves and cinnamon to taste. Just before serving add half a lemon, sliced.

HOUSEWIFE'S HELPS.

Put cheese that is wanted to keep in a stone jar and cover thickly with salt; it will not mold or become dry with this treatment.

When the metal tip comes off from shoes string, wind the end firmly with waxed thread, then sew it in and you will have as good a tip as ever.

For successful pie making use old tin plates when baking custard, pumpkin or one-crust pie. If a new tin is bought, brown it well in the oven before using it. A custard pie must be baked crisp and brown on the bottom to be palatable, and thick, heavy pans make a soggy crust.

Polish mirrors with alcohol, then rub with whiting and polish. The finish will be much superior to any other treatment. This is good for windows.

Brush silk with a piece of velvet or velveteen. Never use a brush on silk.

A worn-out fancy waist may be made into a pretty little afternoon apron, by carefully cutting out the front. If there are embroidered sleeves, pockets may be made of them.

To Cure Car Sickiness.—There are many remedies, like the eating of raisins, dry crackers, etc., but here comes one called infallible, given by a sleeping car porter. Eat several slices of raw potato, plentifully sprinkled with salt. Salted crackers would probably have the same result and be more digestible.

When cleaning any garment or gloves, mix gasoline with flour; rub this paste well into the soiled spots and brush well after the gasoline is evaporated. Peroxide will take out fruit stains, even of long standing. One application put on when they are on the line is usually sufficient. This need not be washed out as it does not injure the fabric.

Velvet covers to coat hangers are much better than silk, as the garment does not slip off so easily.

A small piece of butter dropped into the boiling strip before it is added to the egg white insures a creamy frosting. A teaspoonful of cream will answer the same purpose.

Nellie Maxwell

Industrial Training and Crime. It is a fact that a very large percentage of the inmates of prisons are industrially untrained, and unable to earn a living income honestly. In Sing Sing the number of men who may be thus classed has been variously estimated by those acquainted with conditions at from 75 to 90 per cent of the total population. In that fact is the cause of much crime, in the remedying of that condition is to be found the cure for it in a large number of cases.—From the Star of Hope, published by Sing Sing Prison.

INDIGESTION, GAS OR SICK STOMACH

Time it! Pape's Diapepsin ends all Stomach misery in five minutes.

Do some foods you eat hit back—taste good, but work badly; ferment into stubborn lumps and cause a sick, sour, gassy stomach? Now, Mr. or Mrs. Dyspeptic, jot this down: Pape's Diapepsin digests everything, leaving nothing to sour and upset you. There never was anything so safely quick, so certainly effective. No difference how badly your stomach is disordered you will get happy relief in five minutes, but what pleases you most is that it strengthens and regulates your stomach so you can eat your favorite foods without fear.

You feel different as soon as "Pape's Diapepsin" comes in contact with the stomach—distress just vanishes—your stomach gets sweet, no gases, no belching, no eructations of undigested food. Go now, make the best investment you ever made, by getting a large fifty-cent case of Pape's Diapepsin from any store. You realize in five minutes how needless it is to suffer from indigestion, dyspepsia or bad stomach. Adv.

Bad Risk.

"Broken your New Year's resolutions yet?"

"Every one of them. I wish I'd had the doggone things insured."

PAINS FROM KIDNEY TROUBLE ALMOST UNBEARABLE

About one year ago I was confined to my bed with kidney trouble, accompanied with sharp, unbearable pains in the region of the kidneys and bladder; and Dr. Kilmer's Swamp-Root being recommended to me by my Sister-in-Law, I began the treatment, and after taking three bottles I am entirely well, with no symptoms of the return of the disease. The disease caused a painful feeling when my kidneys would act, which was very frequent. I cheerfully recommend its use in like troubles.

Yours truly,

MRS. L. A. RODGERS,

220 N. Spring St., Tyler, Texas. Personally appeared before me this 12th day of February, 1915, Mrs. L. A. Rodgers, who subscribed to the above statement and made oath that the same is true in substance and in fact.

H. H. HODGES, Notary Public, Smith Co., Texas.

Prove What Swamp-Root Will Do For You
Send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample size bottle. It will convince anyone. You will also receive a booklet of valuable information, telling about the kidneys and bladder. When writing, be sure and mention this paper. Regular fifty-cent and one-dollar size bottles for sale at all drug stores.—Adv.

Important.

"Anything new in the art world?"

"Well, I discovered a dandy free lunch place yesterday."

GRANDMA USED SAGE TEA TO DARKEN HER GRAY HAIR

She Made Up a Mixture of Sage Tea and Sulphur to Bring Back Color, Gloss, Thickness.

Almost everyone knows that Sage Tea and Sulphur, properly compounded, brings back the natural color and lustre to the hair when faded, streaked or gray; also ends dandruff, itching scalp and stops falling hair. Years ago the only way to get this mixture was to make it at home, which is messy and troublesome. Nowadays, by asking at any store for "Wyett's Sage and Sulphur Hair Remedy," you will get a large bottle of the famous old recipe for about 50 cents.

Don't stay gray! Try it! No one can possibly tell that you darkened your hair, as it does it so naturally and evenly. You dampen a sponge or soft brush with it and draw this through your hair, taking one small strand at a time, by morning the gray hair disappears, and after another application or two, your hair becomes beautifully dark, thick and glossy.—Adv.

That Would Fix Him.

Ellis—What would you do if you actually found a man under your bed?

Stella—I'd drop my hat on him.

Had Pellagra Seven Years Thanks God He's Cured

Cowards, S. Co.—David G. Pate, of this place, writes: "I am glad to say to you, after waiting forty days, that I still feel like I am cured of pellagra. I had this disease for the last seven years. The fourth day after beginning your medicine I went back to work and have been able to do my work ever since. I thank God for your remedy."

There is no longer any doubt that pellagra can be cured. Don't delay until it is too late. It is your duty to consult the resourceful Baughn.

The symptoms—hands red like sunburn, skin peeling off, sore mouth, the lips, throat and tongue a flaming red, with much mucus and choking; indigestion and nausea, either diarrhoea or constipation.

There is hope; get Baughn's big Free book on Pellagra and learn about the remedy for Pellagra that has at last been found. Address American Compounding Co., Box 2082, Jasper, Ala., remembering money is refunded in any case where the remedy fails to cure.—Adv.

Economics.

Bridget—How many in the family? Mistress—Two; how many in yours?

PUBLIC HIGHWAYS

WIDE ROADS ARE IMPORTANT

Time That Highway Builders Awaited to New Conditions—Involves Safety and Convenience.

The road builders of today are neglecting a very important point.

The motor car is a new thing in the world and creates entirely new conditions.

The travel of the future will be very great.

The fashion should be set at once for a 100-foot right of way on all main roads.

One half should be developed first; the other could be used by the former owners under a free lease from the counties until it is needed. It will surely be needed some day.

Allowing ten feet for a sidewalk the first hard-surfaced road should center



Making a Road in South.

on the remaining 40 feet. The model to be worked to is two 40-foot road ways, two ten-foot sidewalks and three rows of shade trees—a most proper plan for a hot climate.

All travel of course takes the right hand road. The grade should allow crossing from one road to the other.

On a single road with a 50-foot right of way, two ten-foot sidewalks and 30 feet for vehicles, when autos are standing at each curb there is not room for safe passing of vehicles going in opposite directions and this difficulty and danger increases with the traffic.

A single-track road should be 60 feet wide.

The middle line of new roads is generally on a section line or other line between two owners. If the fashion is set for a 100-foot right of way owners will give the 50 feet.

If county commissioners will insist on the 100 feet and make it a statewide rule supported by public opinion, owners will fall into line and give the land.

The double-road plan allows speed with safety and the speed of motor cars will in the future be increased on long runs.

The point is that it is the duty of the pioneer road builders of today to provide for the travel of the future.

Fifteen years ago in Chicago a street a mile long between Grant and Lincoln parks was widened from 60 to 200 feet. It cost \$10,000,000.

If the people who laid out that street could have looked ahead the expense would have been only the amount of the surveyor's bill. In less degree such things will happen some day in Florida wherever narrow roads are built.

California has awakened to the idea and has some main roads 100 feet wide.

As soon as Florida gets hard roads the travel by tourists and citizens by motor car and motor truck will rapidly increase and will grow in time to enormous proportions.

The climate and the motor car will accomplish it and it is time that the road builders awakened to these entirely new conditions. Besides the question of safety and convenience there is the question of beauty, of civic pride and the satisfaction of building right for all time.

Road builders must realize that the motor car has brought entirely new conditions.

They must lay out the roads wide enough for all time, while the land can be got for nothing. It is a duty.

Kindness to Cow Pays.

Be kind to the dairy cow. You can't pound milk out of her with the milk stool or run milk out of her with the dog when bringing her from the pasture to the barn. Get on good terms with the dairy cow, and her friendship will be seen by increased profits in the milk pail.

Surfacing Footpaths.

For surfacing footpaths, gravel, mixtures of sand and clay, and cinders will, in general, give good satisfaction.

SUDDEN DEATH

Caused by Disease of the Kidneys

The close connection which exists between the heart and the kidneys is well known nowadays. As soon as kidneys are diseased, arterial tension is increased and the heart functions are attacked. When the kidneys no longer pour forth waste, uric acid poisoning occurs, and the person dies and the cause is often given as heart disease, or disease of brain or lungs.

It is a good insurance against such a risk to send 10 cents for a large trial package of "Anurie"—the latest discovery of Dr. Pierce. Also send a sample of your water. This will be examined without charge by expert chemists at Dr. Pierce's Invalids' Hotel, Buffalo, N. Y. When you suffer from backache, frequent or scanty urine, rheumatic pains here or there, or that constant tired, worn-out feeling, it's time to write Dr. Pierce, describe your symptoms and get his

medical opinion, without charge—absolutely free. This "Anurie" of Dr. Pierce's is 37 times more active than lithia, for it dissolves uric acid in the system, as hot water does sugar.

Simply ask for Dr. Pierce's Anurie Tablets. There can be no imitation. Every package of "Anurie" is sure to be Dr. Pierce's. You will find the signature on the package just as you do on Dr. Pierce's Favorite Prescription, the ever-famous friend to ailing women.

Worry is a frequent cause and sometimes a symptom of kidney disease. Thousands have testified to immediate relief from these symptoms after using Dr. Pierce's Anurie Tablets for the kidneys and backache.

Dr. Pierce's Favorite Prescription makes weak women strong, sick women well. No alcohol. Sold in tablets or liquid.

Egotism can work 24 hours a day.

RED CROSS BALL BLUE
Makes clothes whiter than snow. Delights the housewife. Large package 6 cents at all good grocers.—Adv.

Some nightingales sing in the day only.

Co-Zene Kills Eczema.

Let us prove it. Accept no substitute. If your Druggist does not have it, write to Co-Zene Co., St. Paul, Minn.—Adv.

Man wants but little hear below— if the people occupying the flat above him own a piano.

Strangers Now.

Mrs. B.—What do you really and truly think my new fall hat cost?

Mrs. W.—Well, I suppose you expect me to say \$15, but I really and truly think it cost \$2.98.

Nice Enough, But—

A twelve-year-old boy, who had reigned supreme over parents and household all through his dozen years, was surprised one morning to hear the cry of a little baby brother.

"Isn't it nice, Tommy," said the jubilant father, "that we have another baby?"

"Yes, it is nice, father," said Tommy, as he saw the end of his reign; "but what bothers me is, was it necessary?"

Left His Eye on Guard.

An Irish soldier had lost his left eye in action, but was allowed to remain in the service on consenting to have a glass eye in its place. Being a typical "absent-minded beggar," he appeared on parade one day minus the left "window."

Said the adjutant: "Nolan, you are improperly dressed. Why is your artificial eye not in its proper place?"

Like a flash came the reply: "Sure, sir, I left it in my box to keep an eye on my kit while I am on parade."

Dangerous.

Frank—Yes, I am going to propose to Miss Diamonds on the ice. She is my only chance.

Harry—Your only chance? Well, don't let that chance slip.

Foreign View.

"Spread-eagle oratory seems to have fallen into disfavor," remarked the observant man.

"I shouldn't wonder," replied the apostle of preparedness. "So many feathers have been plucked with impunity from the grand old bird that he is now considered hardly more belligerent than the domestic turkey."

Seizing an Opportunity.

Harry Lauder was being entertained with a story.

"An Irishman and a Scotchman went into a saloon together," said the wit, who was trying to interest the comedian, "and the Irishman discovered that he had lost his money."

Lauder did not laugh.

"I hope the Scotchman found it after the Irishman had gone out," he said, in perfect seriousness.

He was reminded recently by a member of a golf association that the organization had given him (Lauder) a watch to replace one he had lost.

"Now that you bring the subject up," said Lauder, "I think I lost a cuff button on the links today."—Exchange.



Efficiency In Childhood

comes with proper training—a most vital factor in which is right food.

If a child is to gain physically and expand mentally certain vital mineral elements—grown in the field grains—are imperative.

These elements, such as phosphate of potash, etc., are lacking in many foods, but abundantly supplied in the famous pure food—

Grape-Nuts

Made of whole wheat and malted barley, Grape-Nuts with cream or good milk supplies well-balanced nourishment—not only builds up the growing child, but repairs daily the wear and tear of body and brain.

Grape-Nuts has a delicious nut-like flavour—is specially processed for easy digestion—and is always ready to eat direct from the package. Economical—convenient—and makes for efficiency.

"There's a Reason" for Grape-Nuts

Sold by Grocers everywhere.